DOCUMENT RESUME

ED 443 636 RC 022 530

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TITLE Teamwork & Teamplay: New Ideas for Adventure-Based Education Programs.
PUB DATE 1999-11-00
NOTE 8p.; In: Proceedings of the 13th Annual International Conference on Outdoor Recreation & Education (Jackson Hole, WY, November 1-6, 1999); see RC 022 528.
PUB TYPE Guides - Non-Classroom (055) -- Reference Materials - Directories/Catalogs (132) -- Speeches/Meeting Papers (150)
EDRS PRICE EDRS Price MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS *Adventure Education; *Educational Resources; *Information Sources; Mentors; *Outdoor Education; *Professional Development

ABSTRACT

A professional adventure educator offers numerous resources about adventure-based learning, drawn from his book, "Teamwork and Teamplay." Organizational resources include libraries, the Educational Resource Information Center (ERIC), Kendall/Hunt publishers, the American Camping Association book store, Project Adventure, the Association for Challenge Course Technology, and The Internet Bookstore. Addresses and Web sites are included. Books, journals, and other publications that address games, environmental issues, special populations, educational pursuits, corporate programs, and facilitation are listed, and significant publications are named. Adventure training programs and educational workshops in outdoor adventure and recreation are also identified. Advice for those in the adventure/outdoor education field includes reading everything possible about the field, volunteering at existing organizations, sharing information and experiences, giving credit where it is due, joining professional organizations in the field, visiting other local programs, finding a mentor, having lunch with others in the field, going outside one's comfort zone, learning from one's mistakes, getting additional training, and showing respect. (TD)

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TEAMWORK & TEAMPLAY

Jim Cain

A Guide To Cooperative, Challenge And Adventure Activities That Build Confidence, Cooperation, Teamwork, Creativity, Trust, Decision Making, Conflict Resolution, Resource Management, Communication, Effective Feedback And Problem Solving Skills

*Corporate Meetings * Programs for Youth-At-Risk * Church Groups*
*Teambuilding Events * Summer Camps * Outdoor Education Programs*
*Training Sessions * Social Clubs * Recovery Programs * Sports Camps*
*Parks & Recreation Programs * Mature Audiences * Adventure Camps*
*Leadership Conferences * College Orientation Sessions * Youth Groups*
*Adapted Activities for Campers with Special Needs * Leisure Studies*
*Rehabilitation and Therapy Programs * Physical Conditioning Classes*
*After School Activities Experiential Education Programs * Campouts*
*Classroom Energizers Groupwork * Staff Training * Just for Fun!*

ED 443 636

NEW IDEAS FOR ADVENTURE-BASED EDUCATION PROGRAMS

Introduction

Of all the questions I've been asked in the past 10 years concerning adventure-based programs, this paper is intended to answer my favorite one, "How do you know all these things, and how can I know them too?" Here in just a few pages, are some of the best resources in the adventure education field, and the ones that I use the most. Enjoy.

In addition to the resources listed below, you'll also find a proposal for extending the adventure-based activities presented here to additional audiences.

In the Beginning

In the quarter century that I have been involved with adventure-based learning activities, I have collected a substantial amount of information and programming ideas (enough to fill nearly 1 1 bookcases in my home). I have many of the same references that most folks have, such as the well worn copies of Silver Bullets, Playfair and the New Games Book. But I also have a collection of some more recent publications that are equally useful, innovative and outstanding, many of which are mentioned in the following paragraphs. In addition to providing some useful references, I hope this paper provides some useful ideas for creating new adventure activities. If you like this list, look for Teamwork & Teamplay from Kendall / Hunt Publishers - there are many more ideas there. In fact, there are over 1500 periodical articles, and more than 1000 books, newsletter, Internet resources and organizations listed in Chapter 8.

RC 022 539

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Finding the Information and Resources you Need

Libraries are incredible places, and now that even the most remote libraries are linked together, it is easy to locate even some of the more obscure texts from nearly anywhere in the country. Try searching on the following topics: adventure education, outdoor education, teambuilding, outdoor training. If you can't seem to find the information you need at a library, try the Educational Resource Information Center (ERIC) at the following address:

ERIC / CRESS P.O. Box 1348 Charleston, WV 25325
Phone 1.800.624.9120 Internet address: lanhamb@ael.org

Other sources for adventure program related publications include:

Kendall/Hunt Publishers 4050 Westmark Drive Dubuque, Iowa 52004
Phone 1.800.228.0810

ACA Bookstore 5000 State Road 67 North Martinsville, IN 46151 Phone 1.800.428.CAMP

Project Adventure P.O. Box 100 Hamilton, MA 01936 Phone 1.508.468.7981

The Internet Bookstore www.Amazon.com

Books, Journals and Other Publications

The following list contains some of the most useful, and unusual resources I have found to date.

Games

After you've read New Games (1976) and More New Games (1981) edited by Andrew Flugelman and Playfair (1980) by Matt Weinstein and Joel Goodman try Jack Pearse's book More Campfire Programs (1988) and Mike Yaconelli & Wayne Rice's book Play It (1986). I also like Chris Cavert and Sam Sikes' book, 50 Ways to Use Your Noodle (1998).

Environmental Issues

I've enjoyed The Man Who Planted Trees (1985) by Jean Giono, The Great Garbage Concert Environmental Songs and Activity Book (1991) from Glenn McClure (Phone 716.243.0324) and the NOLS publication Soft Paths (1988) by Bruce Hampton and David Cole.

Special Populations

For older populations try Jerry Elliott's book Recreation Programming and Activities for Older Adults (1991). For physically, mentally and emotionally challenged audiences try Adapted Adventure Activities (1995) by Wendy Ellmo and Jill Graser and Together Successfully (1991) by John Rynders and Stuart Schleren. For very young audiences (preschool and elementary age), read Adventure Play, by Nancy MacPhee Bower (1999).

Educational Pursuits

Two thorough books are Outdoor Adventure Pursuits (1989) by Alan Ewert and The Theory and Practice of Challenge Education (1992) by Tom Smith, Christopher Roland, Mark Havens and Judity Hoyt. For School audiences, read Into the Classroom - The Outward Bound Approach to Teaching and Learning (1997), and Adventures in the Classroom by Mary Henton (1998).

Corporate Programs

A classic is Do It... and Understand - The Bottom Line on Corporate Experiential Learning by Christopher Roland, Richard Wagner and Robert Weigand. Quite frankly, Roland and Wagner should be knighted for their contributions to this field. This publication is excellent and should be on the required reading list for everyone. Project Adventure has also published the most recent book on this subject, Adventure in Business (1999) by Smolowe, Butler and Murray.

Facilitation

Processing the Adventure Experience (1992) by Reldan Nedler and John Luckner is one of the most commonly used texts on the subject, and now there is a brand new edition of this classic text. Another excellent text is The Skilled Facilitator - Practical Wisdom for Developing Effective Groups by Roger M. Schwarz (1994). Joining Together (Sixth Edition - 1998) by Johnson and Johnson is a high level classic.

Significant Publications

Be sure to include the following publications when you are forming your own personal philosophy on adventure and challenge programs: Winning is Everything and Other American Myths (1976) by Thomas Tutko and William Bruns and No Contest (1986) by Alfie Kohn.

Challenge and Adventure Activities

By now most folks have seen the classics, such as Karl Rohnke's Silver Bullets and Cowtails and Cobras, but try The Pictorial Guide to Group Work Activities (1991) by Geoff Sanders (a British publication available from Adventure Education), Teamwork & Teamplay (1998) by Jim Cain and Barry Jolliff (ISBN 0-7872-4532-1). Also check out Adventures in Peacemaking (1995) by William Kreidler and Lisa Furlong.

Journal Articles

Two significant journal articles include How Effective is Outdoor Training? by Richard Wagner and Christopher Roland in the July 1992 issue of Training and Development and Getting the Most Out of Outdoor Training by Paul Buller, John Cragun and Glenn McEvoy in the March 1991 issue of Training and Development Journal.

Workshops

One of the most enjoyable methods for learning a variety of useful skills are the many recreation labs sponsored throughout the country. Initially started as an outreach program from universities and colleges to the rural community, these workshops have provided more than 50 years of education in leading recreation. Programs included a variety of outdoor recreation, games, program planning, song leading, adapted programs for special

populations and often include some excellent staffs, featured speakers and even university credit or C.E.U.'s.

Ohio - Buckeye Leadership Workshop Annual Mid-March Workshop
Contact: Dorotha Mengert 204 Ambrose P.O. Box 217 Arcadia, OH 44804

South Dakota - Black Hills Recreation Lab Annual Mid-September Workshop
Contact: Karen Ward Box 134 Springdale, Montana 59082

North Carolina - LIFE Training Fall Workshops
Contact: Clare-Marie Hannon NCSU 4-H Office 252.766.0131

Organizations

One of the most well known and international organizations in the field of challenge course and adventure-based education is the Association for Challenge Course Technology. They offer memberships, challenge course building standards, a yearly conference (Orlando in 2000, Albuquerque in 2001, and Nashville in 2002). You can also find knowledgeable challenge course builders via ACCT.

ACCT
468 Salmon Creek Road
Brockport, NY 14420
Phone: 716.637.5277
E-mail: acct@acctinfo.org
Website: www.acctinfo.org

Adventure Training Programs

The following organizations offer a variety of training events throughout the year, some of which provide training in challenge and adventure related programming.

The Adventure Education Center 123 W. New England Avenue Worthington, OH 43085
Project Adventure P.O. Box 100 Hamilton, MA 01936

Bradford Woods 5040 State Road 67 North Martinsville, Indiana 46151

The National Challenge Course Practitioner's Symposium
An annual conference in February.
Phone 303.673.9832

Where Should I Go Next?

This next section was originally published in Teamwork & Teamplay, Chapter 9, as "Free Advice."

Intelligent is when you only believe half of what you hear.
Brilliant is when you know which half to believe!

Considering all of the zillions of workshops, conferences, camps, meetings, planning sessions, training days, challenge programs, classroom activities and similar events that have

happened in the past 25 or so years, it is pretty likely that by now, we have formed some definite ideas about the nature of challenge and adventure programs, the program leaders that facilitate these activities, and the participants that come to be a part of it all. On the other hand, seldom does a day go by when we are not personally challenged by a thought or technique that we have heard for the very first time, causing us to constantly rethink what we know and value. So, given these experiences, and our personal thoughts as well, here are a few words of advice for those attempting to be a part of this wonderful adventure.

1. Read everything you can about challenge and adventure programming. It is no accident that there are hundreds of listings in this book for periodical articles, Internet resources, books, manuals and other reading materials just waiting for your eyes to visit them. Why should the bookcases in your house be any less full than ours? Start leaving book lists, with author's name, tide and ISBN number around the house near the holidays or your birthday. Go to the library before a long holiday break and pick up a few classic gems on challenge and adventure programming, experiential education, or groupwork activities.

2. Volunteer. There are many organizations that would love to have someone volunteer their time to share challenge and adventure related programs with their members. Summer camps, sport leagues, colleges, corporate groups, staff training sessions and many others are looking for program assistance on a continual basis. By volunteering, you establish yourself as a resource, and you will typically be exposed to a variety of activities that you may not have seen before. You will also have the chance to work with a variety of populations. All of this is valuable experience. The more opportunities you have for polishing your presentation of an activity, or for practicing your facilitation skills, the better you will be.

3. Share. Share your activities with others working in this field, share your stuff (your ropes, your props, your rubber chickens), share your worst nightmares and highest hopes for this field. Share your ideas in writing. There is probably, not a newsletter editor out there that has enough material each month to fill their space. Write it down, and tell the world. When someone shows you a neat idea or activity, give them one back.

4. Give credit where credit is due. Even the most individual thought was probably generated as a result of exposure to someone else's ideas. Thank people when you borrow their ideas, or present an activity they created. A good friend once presented an activity at a conference and credited the author that had created it. Little did he realize that the author was in the audience at the time. Not only did he make a new friend that day, but he was asked to speak at the author's organization the next week. It takes so little to say, "here is a great activity that I first learned from Denny Elliott at an Ohio 4-H conference..... And the folks that gave you that gem are likely to give you others, knowing that you gave credit where credit was due.

5. Join professional organizations that promote challenge and adventure programming. There are a variety of local, state, regional, national and international organizations (AEE, ACCT, ACA, NSEE) that provide resources, conferences, workshops, professional accreditation, skill enhancement and networking opportunities. Attend a

conference or a workshop and see what these organizations have to offer you, and what you may have to offer them.

6. Find out who else in your region is working in this same arena, and visit them. There are probably people in your neighborhood that work with programs utilizing challenge and adventure activities. Check out the membership listing of organizations to find them. Check out local day and resident camps. Many schools and colleges also have challenge programs.

7. Find a mentor. Learn their philosophy, know what they know, and then make it your own. Find out what works, how they do it, who they based their opinions on. Read what they have read, go where they have gone, and invite them to see you in action. Most of us can benefit from the advice and critique of a kind mentor whose opinions we value. Not all mentors are alive however. If you can't happen to find a living mentor, you can still find quite a bit in print from some of the more prolific writers in the past 2 centuries.

8. Have lunch. Once a month, have a lunch somewhere and invite others working in your field to join you. One group we know meets once a month, and in order to join the group, you have to bring 3 new activities to teach the group. The membership is diverse, but driven by the love of adventure programming, and the quest for the perfect lunch.

9. Go outside of your own comfort zone. If you are asking your group to extend themselves and move outside of their comfort zone, you must be willing to do the same. This may mean that you volunteer to teach activities on a day when you know it is going to rain, or when the conditions are not ideal, or for a group that is a little bigger than the last group you worked with. The point is to grow, but never, never sacrifice the safety of the event. Remember creative cheating and rule bending doesn't apply when there is a genuine safety concern. But in matters of personal preference, as a facilitator, you can probably do more than you realize, so go out there, find your limitations, and push them further.

10. Be willing to learn from your mistakes. Face it, you are going to goof up. Your ability to handle it when you do will make all the difference. Aside from any obvious safety blunders, you are going to experience a variety of situations that really push you off balance. If the participants in your group are there to learn, why should the experience be any less for you? Admit it when you make a mistake. Learn from it, and then move on.

11. Get some training. While there remains no individual program that is the apex of challenge and adventure programming, there are quite a few organizations around the world that provide significant training opportunities. Some colleges offer classes for credit. Some camps and outdoor programs provide internships and study programs. Many rope courses offer seasonal training with yearly refresher courses. First aid and CPR certification are good to have. How about advanced skills such as WFA and WFR too?

12. Show some respect. As a challenge facilitator, you will be in the position to influence the thoughts and actions of everyone you work with. Some participants will appreciate a kind word of encouragement as they attempt a new activity. Some can use a useful hint or a friendly hand reaching out to help them. Everyone will appreciate your respect. Even when it is raining, and your group is in chaos, and 20 minutes have gone by and they are still only halfway through River Crossing, even then, simple courtesy and respect will help you keep control of the situation, and maintain the confidence of your group.

Summary

There are hundreds of sources for information about challenge and adventure activities. Some come in the form of books and journals, some are published in graduate papers and doctoral theses, some are in the microfiche of ERIC, and some of the really good stuff is in the hearts and minds of practitioners - like you! I hope you find these resources and activities new and exciting.

Biographical Sketch

Jim Cain is the author of the adventure–based teambuilding book, *Teamwork and Teamplay*, the Executive Director of the Association for Challenge Course Technology, and the Manager of the Cornell University Corporate Teambuilding Program.

For further information on adventure-based learning, teambuilding programs, and rope courses, contact:

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